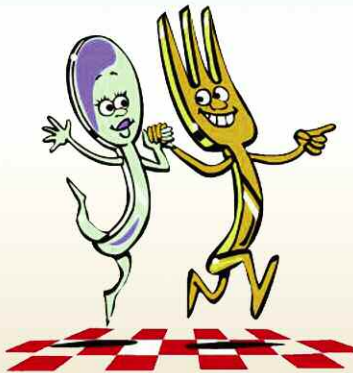


July/August 2007

Clinton Township *Senior Adult Life Center*

Pasta Fest at Fern Hill Country Club

**A BENEFIT FOR THE
CLINTON TOWNSHIP SENIOR CENTER**



September 19, 2007 • 11 a.m. to 7 p.m.

FREE Valet Parking

\$7.00 Adults (advance purchase)

\$8.00 Adults (at door)

\$5.00 Children

(586) 286-9333

Pastries • Baked Goods
Hourly 50/50 Raffles • Fish Bowl Gift Drawings
Grand Door Prize

OPEN TO ALL!

CARRYOUTS AVAILABLE

Tickets available in advance & at the door.

Early Bird Special
Pre-sale tickets will
be entered into a
drawing for \$100.



FROM THE DIRECTOR...



Welcome to the July/August edition of the Clinton Township Senior Adult Life Center news. We have been very busy at the center, as we are

knee deep in the building expansion. The exterior walls are just about complete and the crews are now working on the new mechanical systems & needed interior demolition & renovation. Please continue to be patient as a handful of our regular programs have had to be cancelled temporarily until all of our rooms are back in working order. As soon as we receive the green light from

our inspectors, we will reinstate the cancelled programs. The largest inconvenience so far has been with the fitness room. We have had to temporarily move the equipment into another room at the center to keep it operational. Thanks to all who have helped in their own way to make the expansion possible. We will post our closures on the expansion board in the lobby, on CTTV Ch. 5/10, as well as the township web site. Any questions concerning cancelled programs can be directed to the senior center switchboard operators at (586) 286-9333. Enjoy your summer!

Sincerely,
Matt Makowski
Director



Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

HOW TO REACH US



Clinton Township Senior Center

40730 Romeo Plank Road
Clinton Township, MI 48038
www.clintontownship-mi.gov
Ph: (586) 286-9333 Fax: (586) 286-8757

Volunteer operators are standing by to direct your calls. Mon.-Fri., 9a.m.-4p.m.



Matt Makowski	Director	Ext. 8121
m.makowski@clintontownship-mi.gov		
Debbie McClellan	Asst. Director	Ext. 8120
d.mcclellan@clintontownship-mi.gov		
Maria Clevio	Office Manager	Ext. 8134
m.clevio@clintontownship-mi.gov		
Wanda Vasko	Sports/Fitness	Ext. 8076
w.vasko@clintontownship-mi.gov		
Donna Tinker	Programmer	Ext. 8125
d.tinker@clintontownship-mi.gov		
Anna Furnari	Receptionist	286-9333
Melissa Riesterer	Receptionist	286-9333
m.riesterer@clintontownship-mi.gov		
Linda James	Transportation	286-9476
transport@clintontownship-mi.gov		
DeVera White	Transportation	286-9476
transport@clintontownship-mi.gov		
Jules Baumer	Sherita Thompson	
SMART Bus Drivers		

Our Mission

To dispel the myths of aging by supporting older adults in their pursuit of a lifestyle that nurtures healthy and productive living.

Township Offices

40700 Romeo Plank Road
Clinton Township, Michigan 48038
(586) 286-8000



Robert Cannon	Supervisor
Dennis Tomlinson	Clerk
William Sowerby	Treasurer
George Fitzgerald	Trustee
Ernie Hornung	Trustee
Dean Reynolds	Trustee
Joie West	Trustee

Sports Numbers



Basketball - ©	Dan Palmer	286-8631
Bocci - ©	Ron Kupferer	790-4755
Bowling - (w)	Dorothy P.	791-6488
Bowling - ©	Ron Chalas	598-4806
Bowling - (m)	Tom Buback	228-2429
Golf - (m)	Walt Yunke	566-3397
Golf - (w) Fri.	Beverly Gattari	263-9253
Golf - (w) Thurs.	Betty Riegel	465-1432
Horseshoes - ©	Frank Cusumano	226-8949
Softball - (m)	Bill Trainor	468-2968
Softball - (m)	John Charlie	263-4376
Softball - (m)	Dave Skiver	286-1883
Shuffleboard - ©	Arlene Biggs	263-6616
Tennis - ©	Pattie Duquette	469-7000
Volleyball - (m)	Russ McClarren	412-0948
Volleyball - (m)	John Charlie	263-4376
Volleyball - ©	Norm Southlea	228-9814

(m)=Mens (w)=Womans ©=Co-ed

Numbers of Interest



Macomb Department of Senior Citizen Services	(586) 469-6313
Chore Services	(586) 469-6964
Congregate Meal Programs	(586) 469-5228
Clinton Twp. Loan Closet	(586) 263-8437
Emergency Food	(586) 469-6004
Meals on Wheels	(586) 469-5228
Energy Programs	(586) 469-5228

Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

Please register for all
Classes and Programs

ONGOING PROGRAMS

Monday

STAINED GLASS 9:30-11:45 \$3

Tired of the same old crafts? Why not give the art of stained glass a try? New students always welcomed! No supplies needed to start! Call the front desk and sign up for Madelyn's class today! **No summer classes – resumes in September.**

WEIGHT LOSS SUPPORT 12:15-1:30

Join us for support as we lose weight together. We will be using the TOPS program. The cost is a \$24 annual fee with \$4 monthly dues.

MAH JONG (ASIAN STYLE)* 1:30

More info. Contact Shirley @ 468-8549.

GAME TIME* 1:30-3:00

Join us for Scrabble, Cribbage, Uno, Chess and more. All are welcome!

Tuesday

COMMUNITY SEWING* 9:30-11:30

Join Mary and help our area charities by utilizing your sewing talents. **Resuming in fall.**

CROCHETING & KNITTING* 1:00

Join Evelyn and her group as you work on your individual projects, tell some jokes and enjoy each others company.

KEYBOARD LESSONS "PLAY FOR FUN"

3:00p.m. BEGINNERS **2:00p.m. ADVANCED**

\$20/10 lessons + book fee (Beg. book \$10 /Adv. book \$14) Learn how to read music & play the keyboard in a fun group setting. Call Grace at 726-6570. **Classes resume September 18th.**

MAH JONG* 12:00

More info. Contact Laurie @ 412-8736 or 419-5593.

SONGFEST ~ SING ALONG* 2:00

Join our talented pianists, Sister Mary Helen and George for this fun & informal sing along.

Wednesday

EDGAR CAYCE* NOON-2:00

Join us on the 1st and 3rd Wednesdays to study the Cayce's book II and the topic of dreams. For more info. contact Dolores at 228-0921. **No Classes in July! Resumes August 1st.**

KNIT & CROCHET FOR BEGINNERS* 12:00-2:00

Join us on the 2nd and 4th Wednesdays of the month for instruction. Join Dora, Pearl and Barbara to learn this fun hobby.

PLASTIC NEEDLEPOINT* 10:00-11:45

Learn to do plastic needlepoint in our craft room. It is fun and easy to learn.

QUILTING* 2:00-4:00

Join us for an afternoon of quilting & sharing with this group of crafty ladies. We would love to see new faces.

SOCIAL SINGLES* 11:00-NOON

Join us on the 1st and 3rd Wednesdays of the month if you are looking for a new outlet for friendship and fun. More info call Carole, 783-5659.

WRITERS AT WORK* 10:00-NOON

Join us on the 2nd and 4th Wednesdays of the month. More info. contact Attea at 566-1880.

Thursday

CRACKER BARREL* 1:30-3:30

Come meet some new friends, share stories and jokes in an old fashioned discussion group in the style of Will Rogers. More info: call George @ 228-8381.

HUMANITIES* 10:00-12:30

Enjoy discussing the arts, literature and other topics related to the humanities. More info: call 286-1786 or 226-0782.

Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

Please register for all
Classes and Programs

Thursday (cont'd)

PAINTERS CONNECTING*

9:00-12:00

Bring your own supplies and join us for inspiring painting sessions on the 1st and 3rd Thursdays. We'll inspire each other while creating beautiful art work together. Contact Lois @ 463-2223. **This is not an instructional class.**

SPELLING BEE PRACTICE*

9:00-11:00

Remember Spellings Bee's? Join us as we practice for a friendly competition between the Shelby and Washington centers! Come for the practice, stay for the friendship and benefit from the increased memory! Let's show them how smart we are! All interested may pick up a list of words at the front desk. **The Spelling Bee is scheduled for Thursday, October 4, 2007.**

Friday

BINGO (NOW WEEKLY)

12:30-2:30

Join us for an exciting and possibly profitable afternoon in the old fashioned bingo parlor!

INVESTMENT CLUB*

9:30-11:30

Join us for a discussion on investments. Get great tips and come with your thoughts to share. Call Wally @ 228-7412. **Due to construction: Meetings held at the library until fall.**

WRITE FOCUS*

11:00

Writers who meet twice a month on the 1st and 3rd Fridays throughout the year. Contact Nancy @ 463-0480.

COMING SOON! NEW CLASSES FOR SEPTEMBER!

*Line Dancing Fridays, 1:30-2:30

*Pressure Point Class with John,
Wed., September 19, 1:30-3:30



FYI: If the center is closed for a holiday or weather emergency... there will be NO evening cards. If in question... call before you come!

Bridge Lessons*

\$2 per lesson, payable to the instructor
From 1 p.m. to 3:30 p.m.

Wednesday, July 9- Stayman

Wednesday, July 16- Jacoby Transfers

Are you tired of missing those eight-card major suit fits when your partner opens one notrump? Come and learn everything that you ever wanted to know about Stayman and Jacoby Transfers. Jane Hall is an accredited bridge instructor and has been teaching beginning bridge lessons at the Senior Center.

Bridge Class*

* 8 week Beginner Bridge – starts Sept. 20

* 4 week Intermediate Bridge – starts Sept. 18

CARDS for MEMBERS*

Our membership fees are used to operate this facility. **We request that all players become members** to help defray the increasing costs of utilities, supplies and necessary operating expenses. Thank you for your understanding. Rosters will be kept for each group playing at the center.

MONDAY

DUPLICATE BRIDGE	11:30 A.M.
(must have partner for duplicate bridge)	
PINOCHLE	NOON
BRIDGE CLUB	4:30 P.M.
PROGRESSIVE EUCHRE	6:30 P.M.

TUESDAY

500	6:30 P.M.
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WEDNESDAY

PARTY BRIDGE	9:15 A.M.
PINOCHLE	1:00 P.M.
PROGRESSIVE PINOCHLE	6:30 P.M.

THURSDAY

EUCHRE	1:00 P.M.
500	6:30 P.M.

FRIDAY

PROGRESSIVE PINOCHLE	6:30 P.M.
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SATURDAY

500	12:30 P.M.
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*Clinton Township Senior Center Membership is required.

Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

Please register for all
Classes and Programs

SENIOR SERVICES

ASK THE LAWYER

No Charge

(By Appointment – Membership required)*

NO JULY APPOINTMENTS

Monday, August 20

1:00-4:00 p.m.

Sam Trentacosta, retired lawyer and judge will advise you on what steps to take to solve a legal problem that you may have. It must be your own problem and not that of another person. You may not need a lawyer at all and if you do, he will direct you on how to proceed. He will answer questions on probate matters, real estate, workers disability, and personal injury as well as other legal problems. **DO NOT make an appointment if you have already consulted an attorney.**

COMPUTER MENTORING

No Fee

(By Appointment – Membership required)*

Don Nitkin will sit with you, one-on-one, for free computer lessons once you have met the following requirements: You need to have your own computer, internet service and purchase and read Teach Yourself Visually Computers (paperback) 4th edition, by Paul McFedries. After reading the above book, complete the 1st two sets of lessons of a free online tutorial at: <http://www.jegsworks.com/lessons/> To schedule your appt. or any questions, contact Don at barkerrd@comcast.net or 586-412-8736 (home).

MEDICARE/MEDICAID ASSISTANCE (By Appt.)

Tuesday July 10 & August 14 9:00-11:00 a.m.

Shari Zapfe, our trained counselor from the Area Agency on Aging will provide info. and answer any questions you may have regarding Medicare and Medicaid coverage. In addition, info will be supplied regarding supplemental insurance plans. If you are currently having a problem with a doctor or hospital bill, make an appointment and bring any pertinent paperwork with you. This service is provided by the Area Agency on Aging.

ASK THE PASTOR

No Charge

The First Thursday of the Month

Do you need a friend you can trust with your deepest feelings? Would you like someone who'll listen with a guarantee of privacy? Pastor Andy Mueller will be available the 1st Thursday of every

month to offer free Christian counsel. Share what's in your heart and on your mind. Joy or sadness. Sorrow or surprise. Why not schedule a **free private and confidential** meeting today. Call 586-286-9333 to schedule your appointment.

MEMBERSHIP GUIDELINES

Membership is open to all eligible individuals ages 55 and over, single or married. If one spouse is 55 and a member, the other may be younger. A current picture ID is required for membership.

MEMBERSHIP BADGE REPLACEMENTS

If by chance you have misplaced your official badge, come to the reception desk and we can make you a replacement for \$1.00. A photo ID is required for us to verify membership.

SENIOR SCHOLARSHIPS

Scholarships are available for those who meet minimum income guidelines.

COPY MACHINE

15¢ per page

Need a copy of a document? Bring it on in. Copyrighted material is prohibited for duplication.

POSTAGE STAMPS

\$8.20 per book

We now have a stamp booklet machine for your convenience. A book of stamps cost \$8.20. The machine only accepts \$10 bills.

SNACKS

50¢

You never know when you are going to get the munchies! We have a variety of goodies for purchase. Salty, Sweet and everything in between!

SMART BUS TRANSPORTATION CORNER

Office: 286-9476, 8:30 a.m.-12:30 p.m.
After office hours Emergency: 468-0577
Senior Center: 286-9333

BEVERAGE SERVICE

25¢ cup

Why not enjoy a steamy cup of coffee, hot tea, or cool and refreshing Pepsi products. Beverage cups can be obtained at the reception desk between 9:00 a.m. and 4:00 p.m.

Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

Please register for all
Classes and Programs

HOLISTIC SPA SERVICES

Foot Care

- ✚ Appts. on the last Wed. of each month
- ✚ By appointment only
- ✚ 20 minute appointments
- ✚ Schedule @ Sr. Center reception desk
- ✚ Covered by most insurances & Medicare.
Not a FREE Service.

Dr. Jennifer Somers of the Hosey Foot and Ankle Centers will be here on:

Wednesday	July 25	9:00-Noon
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Dr. Edmund Kowalchick of the Michigan Foot and Ankle Institute will be here on:

Wednesday	August 22	9:00-Noon
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Manicures & Pedicures* (By Appt.)

Looking for some pampering?...Let Kameelia Akasheh, Manicurist fix you right up!
You will leave feeling like a new person.

Mondays	9:00 a.m. - 3:00 p.m.
Fridays	9:00 a.m. - 3:00 p.m.

Regular Manicure\$81/2 hr.
Hot Oil Manicure\$10
Pedicure\$201 hr.
Combination\$251 1/2 hr.

Fees are payable to the manicurist at time of service. Please notify us of cancellations by 4 p.m. of the business day preceding your appointment.



Massages & Reflexology (By Appt.)

Tuesdays	9:00 a.m. - 12:00 p.m.
Thursdays	1:00 p.m. - 4:00 p.m.

\$8 or \$16 chair or table

An \$8 massage (Just Enough Time - 11 mins.) will focus on your hands, back, shoulders and neck. \$16 will extend the above services for 25 mins. A great deal compared to what you'd pay outside of the center! **Choose a massage and/or a reflexology session.**



Reflexology, as seen on Oprah with Dr. Oz, is a technique on your feet and hands and that will help heal the whole person - not just the prevailing symptoms. Reflexology is effective for migraines, arthritis and back pain, sleep disorders, digestive disorders, hormonal imbalances and other conditions. Call (586) 286-9333 today to schedule your appointment with Roberta.



HOLISTIC HEALTH SERVICES

Blood Pressure Screenings* No Fee

Tuesday	NO July 3	-	-
Wednesday	July 11	10:00	N. Hendrix
Tuesday	July 17	11:00	Dr. Caligiuri
Wednesday	July 25	10:00	P. Rizzi

Tuesday	August 7	10:00	C. Reidel
Wednesday	August 15	10:00	N. Hendrix
Tuesday	August 21	11:00	Dr. Caligiuri
Wednesday	August 29	10:00	P. Rizzi

Clinton Township does not discriminate in any way based on religion, race, color, sex, handicap, familial status, national origin, ancestry or for any other reasons prohibited by law. The Center operates its services, programs and activities so they are readily accessible to and usable by individuals with disabilities. If you would like to participate in one of our programs and require special accommodations, please let us know and we will do what we can to make the appropriate arrangements.

*Clinton Township Senior Center Membership is required.

Clinton Township Senior Adult Life Center

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Please register for all
Classes and Programs

FITNESS

Weekly Fitness Schedule

Monday	Walking Club	7:30-8:30
	Falun Dafa	9:30-11:30
	Chair Fitness	10:30-11:30
	Aerobic Fitness	11:30-12:30
	Arthritis Fitness	12:30-1:30
	Int. Tai Chi	1:30-2:30
Tuesday	Walking Club	7:30-8:30
	Yoga	9:30-11:00
Wednesday	Walking Club	7:30-8:30
	Middle Eastern	11:00-12:00
	Int. Tai Chi	1:30-2:30
	Beg. Tai Chi	2:30-3:30
Thursday	Walking Club	7:30-8:30
	Weight Training	9:00-9:30
	Chair Fitness	9:30-10:30
	Aerobic Fitness	10:30-11:30
Friday	Walking Club	7:30-8:30
	Arthritis Fitness	12:30-1:30

Course Descriptions

As physically active members of the Senior Center and to ensure your safety, please do not engage in any physical activity without your doctor's permission.

ARTHRITIS FITNESS **\$3**

Join Betsy, our Aerobics instructor for this class developed by the Arthritis Foundation. This course is specifically designed for those with Arthritis and similar conditions to decrease pain and discomfort. They can be done either standing or sitting, and using some light hand weights to relieve stiffness and pain as well as build strength and stamina. **Please note, this class is now offered Mondays and Fridays!**

AEROBICS **\$3**

This low impact exercise program will start with a gentle warm up, cardiovascular workout consisting of fun, energetic low impact Aerobic moves. New members are always welcomed.

CHAIR FITNESS **\$3**

Seated exercise to strengthen and tone muscles and improve flexibility. This is excellent for people who would like to exercise; however, need to be seated or are just getting started.

FALUN DAFA* **NO FEE**

Oriental meditation can help you release tension and anxiety along with strengthening physical, mental and spiritual bodies. Wear comfortable clothes and bring a towel or mat.

MIDDLE EASTERN STYLE EXERCISE/DANCE **\$35 Non-Refundable 7 Week Class** **Classes held on Weds. from 11:00-12:00**

Looking for a fun way to get some exercise? Why not sign up for our new exciting class! This class is specifically designed for senior ladies who want to firm up muscles, tone the entire body, relieve stress and just help you feel better about yourself in general! The class is geared for all ability levels. Come join Tina, Master Teacher of 35 years, for a fun and exciting way to get some exercise. **Register by July 9th.**

TAI CHI (BEG. & INTER.) **\$3**

Join our beginner's class to learn the basic forms of this ancient non-aerobic art form that will improve your balance, flexibility and well being. Try the beginners and then move into the intermediate. Wear comfortable clothes and flat shoes preferably without arches.

WALKING CLUB* **NO FEE**

Join this lively group for morning walking in the climate controlled gym. Come on in and enjoy the companionship and music while walking with others.

WEIGHT TRAINING **\$3**

Bring your own hand weights or use ours and work with Betsy for this 1/2 hour of strength training & toning class.

Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

Please register for all
Classes and Programs

YOGA

\$3

Yoga uses posture, breathing and relaxation techniques to stretch, strengthen and align your body, promoting flexibility, posture and range of motion. Join Karla and you will begin to feel supple again in a short time. Please wear loose fitting clothing and bring your own mat.

YOGA/PILATES Thurs. 11:30-12:30 \$3

If you've been wondering what Pilates is all about, then why not join Betsy for this new class! This class will combine the benefits of Yoga with the core strengthening of Pilates! Please bring your mat but we'll also be using a chair. **Starting in September.**

Bill & Toni Lee Wellness Center* (Formerly) FITNESS ROOM

Any member interested in using the wellness center MUST successfully complete our senior orientation prior to using the room or equipment. Before you make an appointment for this orientation, **you must have a current PHYSICIANS RELEASE OF LIABILITY form completed, signed by your doctor and your annual \$25 dues paid.** Your form expires **ONE YEAR** from the **DATE** the doctor signed the form. (No exceptions) Please bring a towel and dress in workout attire. If you are unable to make your scheduled appointment, please call to cancel your appointment. (Max. 6 people per orientation) Orientation is held only on Thursdays from 2:00-4:00 p.m. You must be in attendance the whole 2 hours.

Physically Challenged Orientation

In an effort to accommodate all people including those with disabilities, we also have a special training session just for you. People must specifically request PCO orientation and bring their own mentor/helper as you feel necessary. Appointments for this special PCO must be made in advance.

Swimming for Seniors

BEST WESTERN CONCORDE INN

44315 Gratiot, S. of Hall Rd.

\$4 per visit for residents

\$6 per visit for non-residents

Senior Center membership badge required.

You may bring a non-member guest.

More info: 493-7100

CLINTONDALE COMMUNITY POOL

35300 Little Mack, N. of 15 Mile Rd.

Available to Senior Citizens Monday-Thursday
from 4:00 p.m. - 5:00 p.m.

The Pool has a lift to lower handicapped
individuals into the water.

More info. 790-4410



Looking to stay young at heart? Why not join the Bill & Toni Lee Wellness Center? You will not only feel better, but you will add quality to your years!

Why delay - join us today.

Only \$25 per year
(Center Membership Required)

**Staying Fit in Body,
Mind & Spirit**

*Clinton Township Senior Center Membership is required.

Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

Please register for all
Classes and Programs

SPORTS

Sports phone #'s can be located on pg. 3

BADMINTON* (Players Needed)

Mondays	NO FEE	2:30-4:00
Wednesdays	NO FEE	9:00-10:45
Fridays	NO FEE	8:30-10:15

BASKETBALL*

Fridays	NO FEE	2:30-4:15
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BOCCI BALL*

Thursdays		10:00
Call Ron for more info. (586) 790-4755		

HORSESHOES*

Monday/Thursday	NO FEE	9:30-12:00
For more info. call Frank @ 810-226-8949.		

SHUFFLEBOARD*

Tuesdays	NO FEE	9:00-11:00
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TABLE TENNIS - PRACTICE*

Tuesday	NO FEE	1:30-4:15
Thursdays*	NO FEE	1:30-4:15

* = Cancelled day of dinner dance monthly.

TENNIS PRACTICE* @ Senior Center

Wednesdays	NO FEE	12:00-1:00
Open gym time is available to practice and develop skills with Cecil Muysenberg.		

TENNIS @ PEACHTREE TENNIS CLUB

Monday	\$5.00	9:00-10:30
Tuesday	\$5.00	9:00-10:30
Wednesday	\$5.00	9:00-10:30
Thursday	\$5.00	9:00-10:30
Friday	\$5.00	9:00-10:30

Tennis is played indoors at Peachtree located at 37600 Little Mack at Waybridge. New tennis balls are NOT included in the price. Existing club tennis balls are available for you or you can bring your own. All members in this program MUST purchase a special \$50.00 corporate rate membership to participate. Any senior in the Clinton group who

wishes to rent the courts or play/sub on Peachtree leagues on a regular basis is required to play at least 50% of the time in the CT program. For more information call: 469-7000.

VOLLEYBALL* (CO-ED)

Mondays	NO FEE	9:00-10:00
Tuesdays**	NO FEE	9:00-11:00

**Resumes in fall.

VOLLEYBALL* (REGULATION)

Tuesdays	NO FEE	11:00-1:00
Fridays	NO FEE	11:30-2:30

CONGRATULATIONS TABLE TENNIS TOURNAMENT WINNERS!

Women's Singles:

- 1st – Phillis Veillette
- 2nd – Rosalie Haduch
- 3rd – Jean Schmekel

Women's Doubles:

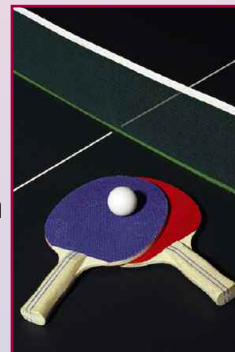
- 1st – Haduck & Veillette
- 2nd – Schmekel & Anderson
- 3rd – Kulman & Walker

Men's Singles:

- 1st – Ev Bissonette
- 2nd – Ben Perez
- 3rd – Daniel McFarland

Men's Doubles:

- 1st – Perez & Hildebrandt
- 2nd – Bissonette & Scheipner
- 3rd – Senechal & DeRubeis



Congratulations RUSS ANDRES...
for your par 3, 149 yard
HOLE IN ONE at Wolcott Mill
Metro Park Golf League on May 25.



Eugenia Kaczor

Please meet: **Cosette Randazzo**

"Follow your instincts. That's where true wisdom manifests itself." Oprah Winfrey

Please meet Cosette Randazzo (Cozy) who has been attending classes for the past ten years at the Clinton Township Senior Center. They are Songfest, Computers, Tai Chi, and Bocce Ball. She has a beautiful "working" mid size black dog named Lizzy (Paws With a Cause), who assists her with balance and sound. Members may have seen her in the Center with Lizzy.

Cosette was born on July 4, 1932, in Detroit, Michigan. She was married to Joseph Randazzo, and is presently divorced. She has two sons, Joseph and William, one granddaughter, and one great granddaughter who reside in St. Louis, Missouri. Her brother, William Miller (deceased), was in business in Grosse Pointe and owned the Grosse Pointe Beer Store; her parents were of Irish descent. Cosette graduated from Southeastern High School in 1950 and attended Macomb Community College taking Medical Records secretary courses. She was employed for thirty-one years in the same department at St. John's Hospital in Detroit until she retired.

Lizzy is a dog trained to help people with disabilities and was sponsored by the United Foundation – a combination assistant animal, who is very gentle and costs \$16,000 to train. Cosette waited two years before she received Lizzy, who wears a cape and is certified by



"Paws" every 18 months. Cosette lost her hearing at the age of 30 years. Her balance condition was due to a motion illness (MDDS), and Lizzy assists her when she walks/steps to the basement, the telephone and other complicated assistance. Cosette is a dedicated volunteer member of the Humane Society, Hearing Loss Association of America (HLA), Hearing Loss Association of Michigan (HLA-MI), Macomb area chapter, Tops Weight Loss Support Group, Paws with a Cause, and volunteered at St. John's Northshore (on Jefferson). Please join us to hear Cosette and a featured speaker, present a PAWS demonstration with a question and answer session on Tuesday, August 14 at

12:00. Please feel free to bring your grandkids and we'll have ice cream afterward!

During her lifetime, she has traveled to Ireland, New England States, Egypt (where she rode on a camel), California, Hawaii, and Mexico.

Cozy's philosophy is "Treat others as I wish to be treated". She is a remarkable person who has a terrific sense of humor. She loves her dog and appreciates her help! Lizzy is admitted into restaurants and other public buildings everywhere!

Cosette finds that if you love life, life will love you!

Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

Please register for all
Classes and Programs

JULY'S SPECIAL EVENTS



Baseball, Hot Dogs, Apple Pie &....

July 11th, 10:00-12:00 RSVP @ 286-9333

Join us on the ball fields, either 1 or 3 to support our Men's Softball Teams! After we cheer on the boys, we'll meet at the patio for an all American ball field lunch!

Hotdog lunch- Sponsored by American House!

Where is God when Disaster Strikes?

July 12th, 10:30 RSVP @ 286-9333

Hurricanes. Tornados. Terrorists. The world can be a dangerous place to live. Disaster hurts most when it hits close to home. Cancer. Stroke. Where is God when he's needed most? Consider some answers from Pastor Andy Mueller in this thought provoking presentation.

Tropical Cookie Bouquet Class

July 12th 1:00-3:00

\$22 fee- limited to the 1st 16 people

Join Christine from Miles Cakes and Candy as she gives a "hands on" cookie bouquet class. Please sign up at the front desk by **July 9th** to reserve your spot for this fun and educational class! Supplies and knowledge provided! You take home your masterpiece at the end of the session!

Meet Dr. Somers of Hosey Foot and Ankle

July 18th, 9:30 RSVP @ 286-9333

Dr. Somers would like to introduce herself to you and discuss common foot ailments. Come prepared with your foot care questions. She will be serving your future foot care needs at the center.

Lunch Bunch...for July*

July 19, 2007

Depart: 12:15 p.m.

Join Jeanne for some unique dining adventures around town. We are limited to the first 18 members that register in person at the center. Each rider is responsible to pay a \$4 non refundable registration fee, (UNLESS WE CANCEL). Your lunch, tax and tip are on your own the day of the trip. You must register in advance. FYI: Meet at the center 20 minutes before departure time.

Today we'll be enjoying the breathtaking panoramic view of Lake St. Clair at Jack's Waterfront on Jefferson Ave.

Town Hall Meeting with State Representative Kim Meltzer

July 19th 10:00-12:00

Please join State Representative Kim Meltzer (33rd District) for a discussion of state and local issues of interest to you and your families. A light lunch will follow. **Please RSVP by calling or stopping by the front desk.**

Traveling with the Wanderers Presentation

July 24th 11:30-1:30

Come Join us! There will be a travel presentation on the following trips: Pennsylvania's "Grand Canyon" Color Tour, New Orleans and last, Hotel Hershey at Christmas. See how much fun traveling with the wanderers really can be!

Red, White & Blue July Dinner Dance

Thursday, July 26, 2007

Dinner 6:00 p.m. Dancing 7-10 p.m.

Everyone is enjoying the great food and the huge dance floor. Join us for an evening of Dinner & Dancing to a live band in the Gym. Tickets are \$20 per person and can be purchased and/or returned up until the Monday the week of the dance.

Band: Jerry Robotka

Menu: BBQ Chicken and Ribs, Rotini Pasta Salad, Au Gratin Potatoes, Buttered Corn, Garden Salad, Fresh rolls with butter, beverages & dessert.

Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

Please register for all
Classes and Programs

AUGUST'S SPECIAL EVENTS

Watch Battery Wilma

August 6, 2007 12-3:00 p.m.

Join Wilma on August 6th between the hours of Noon and 3 p.m. for watch battery replacements & service. This service is on a 1st come, 1st serve basis. Don't be caught without your watch!



Friends of Belle Isle

August 9th, 10:30 RSVP @ 286-9333

Join Denne Osgood as we reminisce about Belle Isle! Come prepared with your memories and photos of this treasured part of Detroit's history! A short video, produced by Channel 4 and narrated by Mort Crim, and your discussion will be sure to bring back fond memories!

Paws with a Cause Presentation!

August 14th, 12:00 RSVP @ 286-9333

Join our own Cosette Randazzo, featured in this month's issue of "Please Meet" and a guest speaker from PAWS as they demonstrate how a trained Assistance Dog can help people with disabilities! Please feel free to bring your grandchildren for this family friendly presentation. We'll enjoy some ice cream after the presentation!



Fall Prevention Seminar

August 16th, 10:30 RSVP @ 286-9333

Did you know that 75% of falls occur in the older adult population? Stephen Nowak of Visiting Angels will be presenting a seminar on why falls occur and how they can be prevented.



Identity Theft and Scams!

August 22nd 10:00

Identity theft and scams are growing at 2 1/2 times the rate of any other crime! Captain Bruce Wade and Detective Standfest will show you ways to safeguard your personal information. **Please reserve your spot today** by calling or stopping by the front desk.

Lunch Bunch...for August

August 23, 2007

Depart: 12:00 p.m.

Join Jeanne for some unique group dining adventures. We are limited to the first 18 members that register in person at the center. Each rider is responsible to pay a \$4 non refundable registration fee, (UNLESS WE CANCEL). Your lunch, tax and tip are on your own the day of the trip. You must register in advance. Meet at the center 20 minutes before departure time. **We'll be dining in style today at the luxurious Royal Park Hotel in Rochester. We will have our choice of 4 menu selections, all of which will be approximately \$15.**

August Dinner Dance ~ Nautical Nights!

Thursday August 23, 2007

Dinner 6:00 p.m. Dancing 7-10 p.m.

Everyone is enjoying the great food and the huge dance floor. Join us for an evening of Dinner & Dancing to a live band in the Gym. Tickets are \$20 per person and can be purchased and/or returned up until the Monday the week of the dance.

Band: Tri City Plus

Menu: Roast Chicken, Breaded Pork Chops, Penne w/Meatsauce, Roasted Idaho & Sweet Potatoes, Green Beans Almondine, Garden Salad, Homemade rolls, beverages and dessert.



Bowling – Mixed League

Thursday August 30, 2007

Organizational Meeting

3:30-4:30

Clinton Township Senior Adult Life Center

July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

Please register for all
Classes and Programs

Closings & Cancellations July & August 2007

Day	Date	Area Affected	Description
Wednesday	July 4	Center closed	Fourth of July
Thursday	July 26	Gym closed at 1:00pm	Dance set up
Friday	July 27	No AM walking	Dance clean up
Friday	August 10	Center closed	Volunteer appreciation
Thursday	August 23	Gym closed at 1:00pm	Dance set up
Friday	August 24	No AM walking	Dance clean up

Weather & holiday closings:

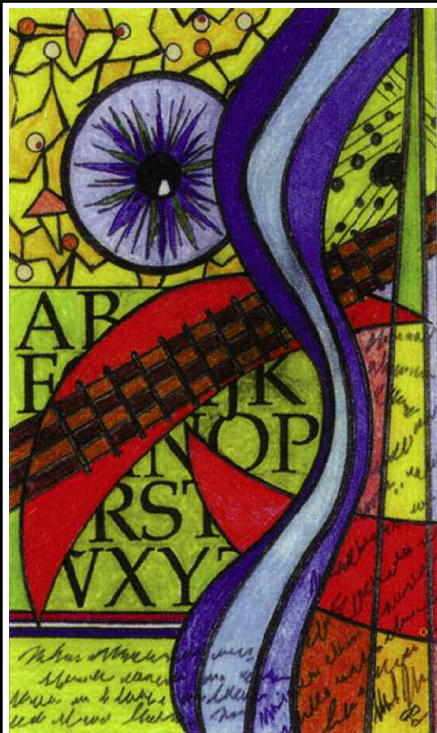
There will no senior night cards, bus service or activities on any holiday in which the Senior Center/Civic Center is closed. Paid classes, night cards & bus service will be cancelled when Chippewa Valley Public Schools cancel school for inclement weather. If in doubt, please contact the Senior Center first before making a trip over. (586) 286-9333. It is your responsibility to know when the center is closed, please mark your calendars as needed.

Updates to this schedule:

Updates to this schedule will be posted in the Senior Center lobby, on Clinton Township Cable TV 5/10, Township AM Radio 1610 and on the senior citizens department section of the township web site located at www.clintontownship-mi.gov.

VOLUNTEERS NEEDED!!!

For Township Art Fair
September 22 & 23
Call Debbie McClellan @ 286-9333, exxt. 8120



2007 FESTIVAL of the SENSES

A Celebration of the Arts

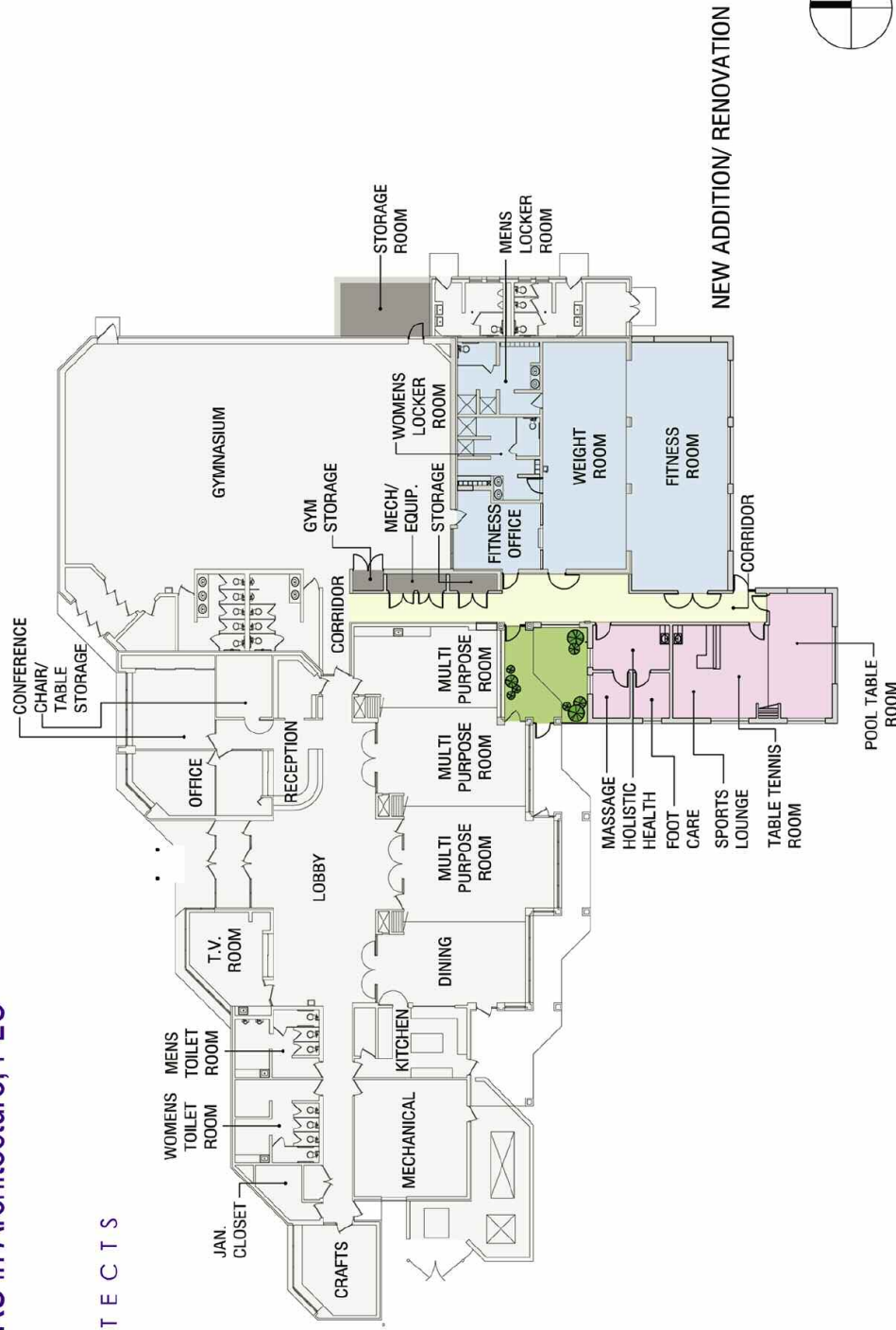
September 22 & 23

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July/August 2007 • Monday-Friday 9a.m-4p.m. • (586) 286-9333

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SENIOR CENTER EXPANSION NEWS

& CONSTRUCTION UPDATE



We have begun the construction! Please see the lobby construction bulletin board for updates on the progress. The expansion will include increased storage space, a meditation garden, a new corridor, expanded

sports and volunteer office suite, 3- holistic health suites, The Bill and Toni Lee Senior Wellness Center & a billiards room. We have added the replacement of the cement at the entry way that will be paid for by grant funds. **Please be patient** as we may from time to time have to close down rooms and/or shift classrooms temporarily. We have been notified when they switch over the electrical systems, we may be closed for approx. 1 week for your safety. **Watch for updates and notices in the lobby and on CTTV Ch. 5/10.**



SPACE donations continue...

We are continuing to raise dollars to purchase new fitness equipment, furnishings **and** to pay off our construction debt. Please continue to remember the Senior Center in your tax deductible gift giving donations. Envelopes are available for funeral and memorial services if you wish to designate the Senior Center as a charity of choice in your funeral pre-planning documents.

Donations from the last Newsletter

Roberta Eggart • Sr. Center Investment Club
Tom Choley • Clinton Twp. Social Singles
Clinton Twp. Knitting & Crochet Group
Virginia Rademacher in honor of Fran Drouillard
Pat and Stan Novenski (Sorority Alpha Upsilon) in memory of Fran Drouillard
Marilyn Nielsen • Bettie R. Jenks
Alice Fincher in memory of Bobby Fincher
Nick Apostol • Trustee George Fitzgerald
Clinton Township Employees Casual Friday
Sally Gutowski • Jesse Hernandez



Senior Center Donation Form:

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to support the Senior Center.

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Name: _____

Address: _____

City/State/Zip: _____

THIS GIFT IS IN: Memory of _____ Honor of _____

Name: _____

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Make checks payable to:

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Clinton Township, Mi. 48038

*A confirmation letter will be sent
to the donor & the recipient.*

Traveling with the Wanderers

TRAVEL INFORMATION

We sure hope you enjoy the wide variety of trips that we have to offer. After discussing the trips availability with Jo Walen, our travel specialist, **payment options are as follows:**

1. Jo will be available on Wednesdays from 10 a.m. to Noon to accept payments or deposits.
2. Leave a check at the Senior Center reception desk with your name, name of the trip and information covering all parties included with the payment. OR
3. **Mail a check to:** The Wanderers, 40730 Romeo Plank Rd, Clinton Twp. Mi. 48038
All checks or money orders must be made payable to: Clinton Township Senior Center.

If you have further questions, Jo Walen can be reached at (586) 566-7677

(Please no calls after 8 p.m.)

James Buckley ~ Secretary

Florence Calcattera ~ Treasurer

Day Trips

Payment in full must be made at the time of registration to reserve your place. Payment can be made by **check or money order made payable to: Clinton Township Senior Center.** Your cancelled check is your receipt. No cash will be accepted.

Include your name, phone number, address, city and zip for all parties covered by the payment. All travelers on one-day trips who do not have a Medical release of liability form, must fill one out and have one on file **PRIOR** to the trip departure. Please update your forms as information changes.

Extended Travel

It is preferable that deposits be made in person to Jo Walen. Final payments may be made by mail or left at the front office. Please include the required information with your payment, place it in an envelope for Jo Walen, and deposit it with the reception desk at the Senior Center. If you are considering any trip, do not hesitate to make a deposit early or the trip may be cancelled due to what appears to be a lack of interest. Please book early to avoid disappointment. Deposits are refundable up to the final payment date. All refunds are processed through the Twp. Accounting office so there is an approx. two week processing period to receive the check. Please be patient.

Boarding the Coaches

All trips will board and depart from the Civic Center parking lot. Plan to arrive at least 15 minutes prior to the departure time. Unless otherwise advised, the front seat of each side of the bus is reserved for the escort. Boarding the bus in an orderly fashion will take place as travelers arrive. On all trips, parking will be in the last two-three rows closest to the exit driveway in the Northeast corner of the Civic Center parking lot. There is no refund for cancellations received the day of the trip or for "no shows".

Passport Rules

You will need a passport by January 1, 2008 if traveling across a land boarder to Mexico or Canada. New U.S. Biometric passports are being issued; however, you will NOT need to get one until you current passport runs out. The Biometric Passport will have a tiny informational chip stored in it. The charge for the passport is \$97 and it is good for 10 years. The State Dept. is looking for a cheaper solution for land boarder crossings. For Canadian land boarder crossings, the State Dept. is looking into the concept of a "travel card" (a single card to fit in your pocket). It would be considerably cheaper and look like a drivers license.

Traveling with the Wanderers

Travel with the Wanderers and Leave the Driving to Us!

**Membership and Residency NOT required
to travel with us... why not bring a friend!**



July 13-14	Hot Air Balloon Festival	Overnight	\$199 p.p.
	This will be the 25th annual balloon festival in Jackson, Michigan that we will attend. Dinner at Schuler's in Marshall should be an included treat and the included breakfast will be at the Hampton Inn. We will attend an exciting morning launch and an evening night glow that should be spectacular. Fireworks, a craft show, a car show, an air show, and a whole "lotta" shows, so come on along to enjoy and don't forget your camera.		
July 25-30	New York City	6 days/5 nights	\$1,199 p.p.
	Always exciting! Always interesting....and always something new to see and experience in the "Big Apple". This year the popular attractions will be available to us as well as new sightseeing opportunities. How about visiting Ground Zero, or having an option to see a Broadway show? How about dinner at Tavern on the Green or a carriage ride through Central Park? Or better yet, there's the always patriotic visits to Ellis Island and the Statue of Liberty. Say no more, just read some more on the available flyer at the center.		
August 1	Mystery Trip	Wednesday	\$69 p.p.
	Here we go again on our yearly mystery trip to ????. A secret place that we will not reveal or tell you about! Perhaps you will learn something new on this trip, as well as enjoy an included lunch. Last year we attended a comedy courtroom trial in Canada that was very different. See a flyer for — no details?		
August 3 or 24	Tiger Baseball		\$41 p.p.
	Enjoy door to door transportation, ticket to the game and food coupons...pick up a flyer for the juicy details....you can't go wrong! Reservation deadline 30 days before the game date...see flyer for details.		
August 8	Turkeyville	Day Trip	\$69 p.p.
	If you have never seen a whorehouse, this is your chance. Besides an included turkey luncheon at Cornwell's in Marshall, MI, we will attend a matinee performance of "The Best Little Whorehouse in Texas". This musical tells the story of a very different chicken ranch. Be aware that it might have some strong language, offensive to you (swearing), and some adult situations that you may have to overlook in order to enjoy the production. A flyer is available.		

Traveling with the Wanderers

August 14	Sarnia Casinos	Day Trip	\$28 P.P.
	Join us as we visit the Hiawatha Racetrack Slots and Pt. Edward Casino for a day of gambling. Do not forget your proof of citizenship as we travel to Canada to try our luck. We will visit the Duty Free Store on the way home, too. A \$15 rebate will make our trip only \$13! See flyer for more details.		
September 13	Stratford	Day Trip	\$129 P.P.
	Come join us on our trip to Stratford as we enjoy "Oklahoma" at the Festival Theater. We have main floor tickets which will make all the fantastic music and dancing truly enjoyable, and, of course, Rodgers & Hammerstein are always great. Lunch at a downtown Stratford location is included in this trip.		
September 19	Mount Pleasant and Frankenmuth	Wednesday	\$89 P.P.
	Casual or serious player, the Soaring Eagle Casino in Mt. Pleasant may be just waiting to make you a winner. Our early stop there will give you a \$15 coin coupon and a \$3 food voucher. After our gambling is over, we will wend our way to Zehnder's in Frankenmuth. The "Rockin Oldies" dinner show will take us down memory lane with music of the 50's and 60's. Should be a great day.		
October 2-5	Pennsylvania's Color Tour	4 days/3 nights	\$629 P.P. dbl.
	We should find autumn in the finger lakes area extremely colorful. Also colorful will be our visits to the Rockwell Museum and The Corning Museum of Glass. A 34 mile rail excursion ride on the sixty year old Tioga Central Railroad will provide colorful scenery and sightings of wildlife, too. The highlight of our tour will be a horse drawn covered wagon ride in Pennsylvania's "Grand Canyon".		
October 7-13	Pine Grove Dude Ranch	7 days/6 nights	\$999 P.P. dbl.
	This will be an all inclusive trip with 6 nights in the picturesque foothills of the Catskill Mountains of New York state. Three meal a day, nightly entertainment, dinner dancing, Square dancing, snacks and beverages every night! Play Bingo, Horseshoes, Tennis, Table Tennis and more. This will be your land cruise during the beautiful fall colors. Rain or shine, we will play - indoors or out!		
October 24	Mark Lowry	Wednesday	\$99 P.P.
	The Gaither's star is scheduled for the Stranahan theater in Toledo. His show was a sold out concert there in 2006 and this year he will share with us his exciting and fun concert called "God is Crazy About You". Lunch and a visit to the Libby glass factory outlet store will also be included in our trip.		
Oct. 29 – Nov. 5	New Orleans and Branson	8 days/7 nights	\$1,199 P.P. dbl.
	This will be a motorcoach trip that will take us to see the hurricane Katrina area and much, much more. Our accommodations are in the French Quarter with shopping and the casino close at hand. An all day sightseeing tour will take us to southern plantation country. Two Presidential museums (Clinton and Lincoln) will be on our agenda, and so will two shows in Branson. (Shoji Tabuchi and Yakov Smirnoff) Pick up a flyer for specifics.		

Clinton Township Senior Adult Life Center

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CLASSIFIED ADVERTISEMENTS

Please be advised that our newsletter offers classified ads intended for the sale of personal household items. Please contact Donna Tinker at 723-8125 to place your classified ad.

FOR SALE: 2005 fully loaded Dodge wheelchair conversion van. Great price! New pre-made floorsystem – lowered 10". Call 989-539-6310.

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Please be advised that business ads will no longer be accepted in the **CLASSIFIED SECTION** of this news publication. Please contact Donna Tinker for more info. at (586) 723-8125.

CLEANING SERVICES: Let us do the dirty work for you. 15 years experience. Own supplies and no mops. References. (586) 293-0636- or cell (586) 295-7035

RENTALS AT SCHULTZ ESTATES: 1 and 2 bedroom apartments/condos starting at \$580. Some with garages and/or courtyards with option to buy. No pets, last month free. Call (586) 286-2330.

PHONE JACKS INSTALLED: Residential or business. First jack \$35, each additional jack \$15. 40 yrs. experience. Call Jerry at (586) 791-9623.

FOR SALE: Schultz Estates 2 bdrm townhouse. 1 1/2 bth; finished bsmnt; 2 1/2 car gar. Prvt. courtyard. Call: 586-774-6663

Help us give back to our community!

Please get the word out that we are collecting: used cell phones (must have a charger), eye glasses, hearing aides, Campbell soup labels, Box Tops for Education, computer laser & ink jet printer cartridges as well as lap tops and PDA's for local charities. If you have some or know family or friends that have them, please bring them in anytime.

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The Clinton Twp. Fire department has wheelchairs, walkers, canes, crutches, and other items available for residents to use. They LOAN this equipment at no cost. Please contact the Fire department directly @ 263-8437 for more information.

Thanks for your patronage of the businesses and individuals that advertise with us. They help defray the cost of this publication. **The Senior Center does not endorse or make any representations regarding the quality or character of services or good furnished by any of our advertisers and we urge seniors to always carefully investigate the providers of services and goods before purchasing.**

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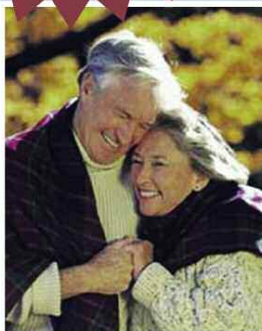
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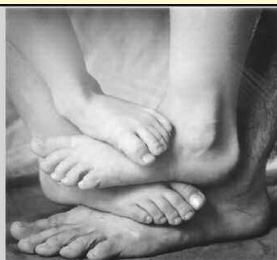
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After office hrs. EMERGENCY: 468-0577

Senior Center: 286-9333

Bus transportation is available M-F from 9:00 a.m. to 4:30 p.m. Our dispatchers will make reservations for residents, on a first come, first serve basis. Dispatchers are only in the office from 8:30 a.m.-12:30 p.m. to make

reservations. **Due to road construction, heavy traffic volumes etc., there may be times when**

you will have to wait for your pick up. We ask for your patience and courtesy while riding the service. All bus runs must originate in the Twp.

The fee is \$1.00 per way or 1 smart bus ticket per way. More info or questions...give us a jingle!



Please note... due to the construction at the Senior Center...we may have unexpected and planned closures from time to time. Our construction manager has also notified us that sometime in the spring we will be closed for a week when they work on the electricity issues. Please watch the lobby for updates and/or Clinton Cable TV Channel 5/10. We would suggest that you may want to call before you come if you drive from any distance just in case we are closed.

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DONATION TO
SPACE!**

**Senior Center
Expansion
"Help Light
the Way!"**

Clinton Township Senior Center

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Clinton Township, MI 48038-2900

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